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Experts debate the ethics of Ebola treatments

Panel to discuss implications of using untested drugs on humans PAGE 6

SINGING A TSONGA VICTORY

JO-WILFRIED TSONGA BEATS ROGER FEDERER TO WIN THE ROGERS CUP MEN'S SINGLES TITLE PAGE 17

Big jam on the Prairie

Zac Brown and his Zac Brown Band kept the crowd jumping at the first ever MTS Prairie Jam Music Festival at Investors Group Field Sunday night. The American country band headlined the daylong festival.

SHANE GIBSON/METRO

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NEWS 1

ALL IN A SUMMER'S DAY

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

You may not recall this immediately, but today in 1994 you were really into the Montreal Expos.

They were the best team in baseball. They were 34 games over .500. The Expos on this day in 1994, were, according to everyone, going to win the World Series. The very next day the players went on strike, the season was done, and The Expos were never heard from again. Wear those 'spos hats unironically today, for the greatest team that never was.

If your Instagram feed is still in need of some great summer photos or you've yet to do anything that qualifies as a truly great summer memory, then come run the Dirty Donkey Mud Run Saturday. Huge bonus, it's all in support of the Children's Hospital Foundation. Check out dirtydonkeyrun.com for info.

Lastly, thank you to the person who went through my vehicle and pretty much tore everything apart on the inside the other day, while I slept.

In your ransacking, you somehow found — and left on the seat with everything else you didn't want to take — my CD copy of Iron Maiden's Number of the Beast, which I had declared lost sometime around 2003 in the very same vehicle. Huge win.

Hallowed Be Thy Name is one of my favourite songs ever that I probably never would have heard again. Silver lining.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Children play at the Ducharme Waterplay Park in St. Vital, which received $200,000 worth of renovations. BERNICE PONTANILLA/METRO

St. Vital neighbourhood gets water park makeover

The Ducharme Waterplay Park. Municipal and provincial funds paying for a $200,000 renovation to local splash pad

BERNICE PONTANILLA
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Children in one of the most disadvantaged neighbourhoods outside of Winnipeg's core area are now benefitting from a $200,000 renovation to a local splash pad, elected officials said.

Coun. Brian Mayes and MLA Nancy Allan, who both represent St. Vital, on Friday officially opened the Ducharme Waterplay Park at the Barbara Mitchell Family Resource Centre on Morrow Avenue.

Maj. Corinne Cameron, executive director of the Barbara Mitchell Centre, which is operated by the Salvation Army, said "the gift of this park" is the end result of two years of work improving the centre's surrounding green space.

In addition to the $200,000 for the splash pad from the municipal and provincial governments, the Salvation Army partnered with a local philanthropist to raise another $400,000 for a new basketball court, better lit pathways, bike racks and a future community garden.

"We really are looking forward to this development. We really are looking forward to the difference we will be able to make to this neighbourhood. We are so proud to be part of this neighbourhood," added Cameron.

Mayes said the splash pad is a "big upgrade" to the wading pool that was there before.

"This is a very densely populated part of St. Vital — a lot of families, a lot of lower-income housing — so it's great to have this park here," added Mayes.

Quoted

"We really are looking forward to the difference we will be able to make to this neighbourhood."

Maj. Corinne Cameron, executive director of the Barbara Mitchell Centre, On the Ducharme Waterplay Park

Finally! Cat in need of help loses bug-catcher from head

A Manitoba cat has been safely trapped after evading capture for weeks with what was believed to be a bird feeder stuck on its head.

According to the Brandon and Area Lost Animals group, Butterscotch is in good shape considering his ordeal and was being treated at the Grand Valley Animal Clinic.

Rescuers were originally concerned the ginger-and-white cat couldn't eat or drink because of the device, but they later said they believed it could do both.

Toni Gramiak with the animal group said it now appears the device was actually an insect catcher, not a bird feeder.

She said the cat was waiting when a Brandon animal control officer went to check the trap early Saturday morning.

"Butterscotch walked into the trap, finally," Gramiak said Saturday.

"He was very scared."

Butterscotch will be held for several days for an owner to come forward, and will be put up for adoption by Funds for Furry Friends Animal Rescue if no one does.

THE CANADIAN PRESS

End of August. Marketplace brings Aboriginal crafts, art, culture to downtown

First Nations, Métis and Inuit business owners are setting up shop along Portage Avenue at Air Canada Park to sell their art, handmade crafts and other traditional wares and services starting Aug. 20 at a new marketplace.

The Aboriginal Chamber of Commerce are organizing the marketplace along with Downtown Winnipeg BIZ.

The market will be open 11 a.m. to 3 p.m. Aug. 20, 28, Sept. 4, 11 and 18 on Portage Avenue between Carlton Street and Hargrave Street; and Sept. 25, Oct. 2, 9 and 16 at Edmonton Court in Portage Place Shopping Centre.

METRO

Lorrie Steeves. Wife of mayoral candidate apologizes for 'drunken native' remarks

The wife of a Winnipeg mayoral candidate apologized Friday for referring four years ago to aboriginal panhandlers as "drunken native guys" who collect welfare and harass people.

Lorrie Steeves, whose husband, Gord Steeves, is considered among the front-runners of the campaign, made the comments in 2010 on her Facebook page. They only came to light Friday after being circulated to reporters and others via an anonymous Twitter account.

The comments, which were still online Friday afternoon, surfaced on the same day Gord Steeves made a campaign promise to crack down on public intoxication on downtown streets, primarily by having more police officers and cadets in key areas.

In the post, Lorrie Steeves wrote that she was "really tired of getting harassed by the drunken native guys in the skywalks. We need to get these people educated so they can go make their own damn money instead of hanging out and harassing the honest people."

The post also says "we all donate enough money to the government to keep their sorry asses on welfare, so shut the (expletive) up and don't ask for another handout."

Friday evening, Steeves released a short written statement to say she was sorry.

"In 2010, while I was working downtown, I was regularly harassed for money and often put in a position where I feared for my safety," she said in the statement. "One day in particular … was very bad and out of frustration I vented on my personal Facebook page. I feel terrible about these comments. I am terribly sorry and apologize."

Gord Steeves' campaign released a notice on Monday saying Gord would be making a statement on Tuesday. They did not specify the time, location or topic but it is presumed to be about his wife's statements.

"I think it is possible to survive it, given that he wasn't the one that said it, but it's certainly not good for his campaign," said Royce Koop, who teaches political science at the University of Manitoba.

Steeves was a councillor at the time his wife, a lawyer, posted the Facebook comments.

THE CANADIAN PRESS

Quoted

"(I am) really tired of getting harassed by the drunken native guys in the skywalks. We need to get these people educated so they can go make their own damn money instead of hanging out and harassing the honest people."

Lorrie Steeves, wife of mayoral candidate Gord Steeves, in a Facebook post from 2010. Her comments were circulated to reporters on Friday by an anonymous Twitter user.

Steeves plans to remove 'chronic offenders' from downtown Winnipeg

Mayoral candidate. Intoxicated persons, those with mental health issues would be physically removed from downtown

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A mayoral candidate has followed up a promise to freeze property taxes with another high-profile announcement, this one targeting downtown safety.

Gord Steeves, the lawyer and former St. Vital councillor, stood near the busiest Portage Place bus stop at Edmonton Street on Friday to pledge more police officers and cadets — and fewer intoxicated people — downtown if he's elected mayor.

"Upon implementation of my plan, we will see that the problem people in our downtown will number about 50 to 100 chronic offenders, this problem can be fixed, we will clean up our downtown," said Steeves, adding that should he become mayor, he won't consider himself a success unless the downtown is "completely safe."

"This plan will not completely resolve crime in our community, it is not designed to."

Steeves said his plan is similar to the one in place in Prince Albert, Sask., which has been touted by the Winnipeg Police Service.

Asked if his plan to remove those who are intoxicated and those with mental illness from the downtown is heavy-handed, Steeves said he didn't think so, nor does he believe it's unconstitutional.

Steeves said he would hire 20 new uniform cadets, at an estimated cost of $600,000 to $800,000, specifically for the downtown area and two new vans to transport intoxicated people or those with mental health issues to "safe shelter or custody."

The funds would come from general operating revenues, he added.

Nicole Chammartin, executive director of the Canadian Mental Health Association's Winnipeg Region, said while it's good to see the mayoral debate touch on the burden of mental illness, "the perception that people with mental illness are prone to violence or unsafe compared to the rest of the population has been proven patently false in a great deal of research."

Gord Steeves answers reporters' questions on Friday on his downtown safety strategy. BERNICE PONTANILLA/METRO

The fine print

Gord Steeves' downtown safety strategy includes:

- Creating a high-priority area map and have police "saturate" these areas
- Establish a police office on Portage Avenue
- Dispatch more police and cadets during peak times for violations of the Intoxicated Persons Detention Act
- Report people charged under this act to the Province of Manitoba
- Direct police to report establishments suspected of over-serving their patrons to Manitoba Liquor and Lotteries
- Invest in high-visibility lighting in downtown "dark areas"

What the heck is Corey's? Where PROBLEMS Find SOLUTIONS!

I have a most wunderfull dady. He got me a new compewter. I like to go and play Barbie games, and drawing games. And watch lots of funny movie. He always gets me the funny ones from the library or from the interenet - whatever that means. Sometimes he gots upset because I click on places and I end up with pictures my brother and I shud never see..

So after that he took our compewter to Coreys and they fixed it for good, no more wierd pictures. And now it doesnt matter what I click or do he just askes me to turn it off and on if I mess it up and everything gos back to good.

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Iraqi PM threatens legal complaint against president as U.S. continues airstrikes

Kurdish fighters reinvigorated. The Kurds have pushed Sunni militants out of two villages in Iraq

Iraq's embattled Prime Minister Nouri al-Maliki, in a surprise speech late Sunday, accused the country's new president, Fouad Massoum, of violating the constitution and plunging the government into a political crisis at a time it is battling advances by Islamic State militants.

On Sunday night, in a nationally televised speech, al-Maliki declared he will file a legal complaint against the new president, Fouad Massoum, for committing "a clear constitutional violation."

Al-Maliki, whose Shiite-dominated bloc won the most seats in April elections, accused Massoum of neglecting to name a prime minister from the country's largest parliamentary faction by Sunday's deadline.

President Barack Obama warned Americans on Saturday that the new campaign to bring security to Iraq requires military and political changes. Obama said Iraq needs a prime minister — an indication that suggests he's written off the legitimacy of the incumbent, al-Maliki.

Reinvigorated by American airstrikes, Kurdish forces retook two towns from Sunni militants Sunday, the villages of Makhmour and al-Gweir, achieving one of their first victories after weeks of retreating, a senior Kurdish military official said.

The United States launched a fourth round of airstrikes Sunday against militant vehicles and mortars firing on Irbil as part of efforts to blunt the militants' advance and protect American personnel.

U.S. warplanes and drones have also attacked militants firing on minority Yazidis around Sinjar, which is in the far west of the country near the Syrian border.

In the Kurdish capital, the president of the semi-autonomous Kurdish Regional Government, Massoud Barzani, said American military support has been effective thus far, but peshmerga soldiers require more firepower.

British officials estimated Saturday that 50,000 to 150,000 people could be trapped on Sinjar Mountain, where they fled to escape the militants, only to become stranded there with few supplies. THE ASSOCIATED PRESS

Thousands trapped

The Yazidis are a minority group who say the militants have said convert to Islam or die. Trapped on Sinjar Mountain, they are followers of an ancient religion linked to Zoroastrianism.

Turkey

Erdogan wins first direct presidential election

Prime Minister Recep Tayyip Erdogan won Turkey's first direct presidential election Sunday, striking a conciliatory tone toward critics who fear he is bent on a power grab as he embarks on another five years at the country's helm.

"I will not be the president of only those who voted for me, I will be the president of 77 million," Erdogan said in a victory speech delivered from the balcony of the Ankara headquarters of his Justice and Development Party, or AKP.

Critics have accused Erdogan of running an unfair campaign, using the assets available to him through his office as prime minister to dominate media exposure and travel across the country

With 99 per cent of ballot boxes counted, Erdogan had 51.9 per cent of the vote, according to the state-run Anadolu news agency. THE ASSOCIATED PRESS

Perigee moon shines bright

A girl plays with a dog as a perigee moon, also known as a supermoon, rises in Madrid on Sunday. The phenomenon, which scientists call a "perigee moon," occurs when the moon is near the horizon and appears larger and brighter than other full moons. ANDRES KUDACKI/THE ASSOCIATED PRESS

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Gaza conflict. Israel, Hamas accept new three-day ceasefire proposal

Israel and the Hamas militant group accepted an Egyptian ceasefire proposal Sunday that would last 72 hours, clearing the way for the resumption of talks on a long-term truce to end a month of heavy fighting in the Gaza Strip that has taken nearly 2,000 lives.

The announcement marked the second time in less than a week that the bitter enemies had agreed to Egyptian mediation. A similar three-day truce last week collapsed in renewed violence over the weekend.

The truce took effect at midnight. In Cairo, the Egyptian Foreign Ministry said the ceasefire would allow humanitarian aid into battered Gaza neighbourhoods and the reopening of indirect talks on a more lasting and comprehensive deal.

Hamas is seeking an end to the Israeli-Egyptian blockade against Gaza, while Israel wants Hamas to dismantle its formidable arsenal of rockets and other weapons.

Palestinian negotiators accepted the proposal early Sunday after meeting with Egyptian officials throughout the weekend. Israeli officials concurred later. THE ASSOCIATED PRESS

Restricted from playing outside, displaced Palestinian children play indoors in Gaza City on Sunday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Teenager dead. Fatal police shooting prompts protests in St. Louis

A black teenager shot multiple times by a suburban St. Louis police officer was unarmed when he died, police said Sunday, as hundreds of local residents protested and a civil rights leader expressed outrage at the killing.

Michael Brown, 18, had graduated from high school and was about to enter a local college, said his mother, Lesley McSpadden.

St. Louis County police Chief Jon Belmar said the shooting occurred after an officer encountered two people — one of whom was Brown — on the street near an apartment complex Saturday afternoon in Ferguson, a predominantly black suburb a few kilometres north of downtown St. Louis.

Belmar said one of the men pushed the officer back into his squad car and a struggle began. Belmar said at least one shot was fired from the officer's gun inside the police car. Ferguson police Chief Tom Jackson said authorities were still sorting out what happened inside the police car. It was not clear if Brown was the man who struggled with the officer.

The struggle spilled out into the street, where Brown was shot multiple times. Belmar said the exact number of shots wasn't known, but "it was more than just a couple." He also said all shell casings found at the scene matched the officer's gun. Police are still investigating why the officer shot Brown, who police have confirmed was unarmed.

Jackson said the second person has not been arrested or charged and was expected to be interviewed later Sunday. Authorities aren't sure if that person was unarmed, Jackson said.

McSpadden said she doesn't understand why police didn't subdue her son with a club or Taser instead of shooting him, and she said the officer involved should be fired and prosecuted. THE ASSOCIATED PRESS

Outrage

"We're outraged because yet again a young African-American man has been killed by law enforcement." John Gaskin, who serves on both the St. Louis County and national boards of directors for the National Association for the Advancement of Coloured People, a leading civil rights organization

Peacekeepers recognized on National Day of Honour

Peacekeeping missions. More than 125,000 Canadians have served in the past 60 years — more than from any other nation

DENIS ARMSTRONG
winnipeg@metronews.ca

For a Canadian soldier, the only thing more potentially dangerous than fighting on the front line is trying to keep the peace during an international conflict.

No one would argue that being in the line of fire is dangerous work, but when your job is to prevent two warring factions from fighting, as the Canadian military have been doing for 25 years, peacekeepers often find themselves in the line of fire both from the front and the back. Making matters worse, they're often not allowed to fire back.

It's a whole new level of bravery that was acknowledged Sunday as hundreds of friends and family members honoured Canadian peacekeepers from the last 25 years as they marched from the War Memorial to the Peacekeeping Monument on Sussex Drive to mark Aug. 9 as National Peacekeepers' Day.

"Sometimes, it's like fighting with both hands tied behind your back," said Guy Parent, the national veterans ombudsman who represents more than 750,000 Canadian veterans.

"Because of the rules of engagement in Bosnia and Rwanda, we see a lot of post-traumatic stress disorder (PTSD) because the soldiers couldn't defend civilians from atrocities. The operational stress to peacekeeping can be severe. Consequently, there was a lot of guilt and psychological issues from those experiences."

Parent, who was a member of Canada's peacekeeping forces in the Sinai desert between Egypt and Israel from 1999 to 2001, said despite the dangers, Canadians are amongst the best peacekeepers in the world.

"Canadians are good peacekeepers because it's in our nature," said Parent. "We're happy people who are willing to help others. No wonder we're accepted around the world."

Guy Parent, veterans ombudsman, says Canadian peacekeepers have one of the most difficult jobs.
DENIS ARMSTRONG/FOR METRO

Joining forces. Foreign-aid charities challenging new CRA audits, rules

Some international-aid charities are joining forces to challenge the Canada Revenue Agency's increased scrutiny of the sector, saying onerous new demands are draining them of resources that are badly needed overseas.

A dozen such groups conferred last week about a joint strategy to present to agency officials next month, a reversal from the last two years when many charities refrained from speaking out for fear of aggravating the taxman.

The new initiative is being quarterbacked by the Canadian Council for International Co-operation, representing some 70 groups who funnel charity dollars abroad to alleviate poverty and defend human rights.

The move is a belated reaction to a wave of political-activity audits ordered by the Harper government in 2012, but which only began to hit the international-aid sector in the second year after several environmental groups were swept up in the first round.

The dozen charities, many of whom are undergoing a political-activities audit themselves, agreed during a conference call to send a delegation to meet directly with senior Canada Revenue Agency officials. They drew up a short list of pressing issues, which is now being reviewed by the council's lawyers.

The Canada Revenue Agency has built a team of 15 auditors specifically to audit the political activities of select charities. Some 52 audits are underway or concluded, with eight more expected to be launched by 2016, drawing on a special $13.4-million fund.

"The situation is negative and it's very worrying," Julia Sanchez, executive director of the council, said in an interview.

"The big concern that we've had for a long time, and which continues now, is the implicit questioning of civil society's ... capacity to advocate and do political work. That is a huge concern for us."

Critics say many of the targeted charities have been outspoken critics of the Harper government, and that the audits have given rise to "advocacy chill" as some groups self-censor for fear of losing charitable status.

THE CANADIAN PRESS

Marc Emery

Canada's Prince of Pot returns

Marc Emery — Canada's Prince of Pot — is expecting to be a free man come Tuesday.

The marijuana activist, who has finished serving a four-year jail term in the U.S. for selling seeds online, has been informed he'll be placed on the next flight to Detroit, from a privately run Louisiana detention centre where he was being processed for deportation, and walked across the border to Windsor, Ont., likely on Tuesday, according to his wife, Jodie Emery.

"He's been taking it day by day," said Jodie, about Marc's preparations for his release.

Marc plans to make a statement and conduct media interviews once he returns to Canada as a free man, before settling down for a picnic with family, friends and supporters.

He plans to make a stop over in Toronto to visit more family and make himself available to media before returning home with his wife to their home in Vancouver.

MATT KIELTYKA/METRO IN VANCOUVER

Building **Safer** Communities **Together.**

The Winnipeg Police Board is conducting public workshops to seek input on community priorities for public safety. Your ideas will help create an effective strategic plan for the Winnipeg Police Service. Come hear Chief Clunis talk about the work the Police Service is doing and join discussion groups to provide your ideas.

Join the conversation.

MORE INFO AT **WPBCONSULTS.CA**

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All meetings are open to all interested citizens.

Workshop Details

Sturgeon Heights Community Centre
210 Rita Street, Winnipeg
August 11 from 6:30 - 9:00 p.m.

Millennium Library
Carol Shields Auditorium
251 Donald Street, Winnipeg
August 13 from 6:30 - 9:00 p.m.

Maples Community Centre
434 Adsum Drive, Winnipeg
August 18 from 6:30 - 9:00 p.m.

Jonathan Toews Community Centre
1188 Dakota Street, Winnipeg
August 19 from 6:30 - 9:00 p.m.

Newcomer Community Meeting
NEEDS Inc, 251-A Notre Dame Avenue
September 6 from 12:00 – 3:00 p.m.

Aboriginal Community Meeting
Indian & Métis Friendship Centre
45 Robinson Street
September 9 from 6:00 – 9:00 p.m.

Ontario

Man feared to be carrying Ebola tests negative for oft-fatal disease: Health Minister

A patient who was placed in the isolation unit of a Toronto-area hospital has tested negative for the often fatal Ebola virus.

Ontario Health Minister Eric Hoskins broke the news in a statement he issued Sunday.

"I can now confirm a recent case that underwent testing at the National Microbiology Laboratory in Winnipeg was found to test negative for Ebola virus disease," he said in a release.

The person was admitted to Brampton Civic Hospital with flu-like symptoms after returning from Nigeria, one of the West African nations currently battling an Ebola outbreak that has killed nearly 1,000 people.

Hoskins says in the release that he is glad to hear the patient is doing well, and wishes him a speedy recovery.

Initial symptoms of Ebola are similar to several more common diseases, such as the flu, and health care providers have been advised to be on heightened alert for Ebola cases.

The director of infection control at Mount Sinai Hospital in Toronto says it's probably not the last time a patient in Canada will undergo a similar kind of precautionary testing.

"We will see occasional people who come from West Africa and have other illnesses and need to be managed safely while we make diagnoses," Allison McGeer said. "There's not a huge amount of traffic between West Africa and most places in Canada, but there is traffic. And people get influenza all the time."

Meanwhile, Hoskins says the "system worked as it should" in the current case.

"Health professionals responded to the alert appropriately, by identifying an individual who potentially may have been affected, taking enhanced infection-prevention precautions, and testing," he says in the release.

Hoskins adds "Ontarians should know that we are fully prepared should any cases appear in the province. This situation was the result of all our protocols working effectively."

Transmission of Ebola from person to person is largely through direct contact with blood and body fluids.

There is no cure for the virus, which often kills more than half of its victims.

THE CANADIAN PRESS

Sigh of relief

"I can now confirm a recent case that underwent testing at the National Microbiology Laboratory ... was found to test negative for Ebola."

Ontario Health Minister Eric Hoskins, who announced the tests recently run on a patient being kept in a Brampton-area hospital came back negative for Ebola

People walk past a billboard encouraging anyone experiencing Ebola symptoms to visit a health facility for treatment in Freetown, Sierra Leone, on Thursday. MICHAEL DUFF/THE CANADIAN PRESS

Panel mulls ethics of Ebola treatment

West Africa. Disease experts are set to debate the ramifications of using unproven Ebola therapies on humans.

Experts from around the world will converge Monday by telephone to try to chart a path through a minefield of ethical issues related to the expanding Ebola outbreak in West Africa.

The experts — ethicists and representatives of the affected countries and other players involved in the outbreak — are meeting at the request of the World Health Organization to debate the ethics of using experimental Ebola therapies in this epidemic. Most treatment options, such as the one given recently to two American aid workers, have never been tested in humans.

"You have experimental products which have never even been used in humans, in healthy volunteers. And in addition, there is very, very little of it. So what do you do?" asked Dr. Marie-Paule Kieny, WHO assistant director of general health and innovation.

"Of course it should be used, but for whom and how? I think you could make a case that if they are to be used, they should be used also in a condition where it is possible to learn as much as possible from their use."

THE CANADIAN PRESS

Ethical debate

"Of course it should be used, but for whom and how?"

Dr. Marie-Paule Kieny, WHO assistant director for general health systems and innovation, on how experimental Ebola treatments should be conducted.

'HealthMap' software flagged possible Ebola case nine days before WHO announcement

The Ebola outbreak in West Africa is focusing a spotlight on an online tool run by experts in Boston that flagged a "mystery hemorrhagic fever" in forested areas of southeastern Guinea nine days before the World Health Organization formally announced the epidemic.

HealthMap uses algorithms to scour tens of thousands of social media sites, local news, government websites, infectious-disease physicians' social networks and other sources to detect and track disease outbreaks. Sophisticated software filters irrelevant data, classifies the relevant information, identifies diseases and maps their locations.

"It shows some of these informal sources are helping paint a picture of what's happening that's useful to these public health agencies," HealthMap co-founder John Brownstein said.

HealthMap is operated by a group of 45 researchers, epidemiologists and software developers at Boston Children's Hospital. The tool was introduced in 2006 with a core audience of public health specialists, but that changed as the system evolved and the public became increasingly hungry for information during the swine flu pandemic.

HealthMap generates information that includes locations of specific outbreaks and tracks new cases and deaths. The system is also capable of logging public sentiment.

The Ebola outbreak, the largest and longest ever recorded for the disease, has so far killed more than 950 people. It emerged in Guinea in March and has since spread to Sierra Leone, Liberia and Nigeria.

THE ASSOCIATED PRESS

Concert in Crimea

U.S. actor Seagal performs with flag of separatists

American actor Steven Seagal performed at a concert in the breakaway region of Crimea on a stage decorated with the flag of pro-Russia separatists fighting in eastern Ukraine, the Russian news agency RIA Novosti says.

Seagal, who knows Russian President Vladimir Putin, performed Saturday night in the Black Sea port city of Sevastopol at a concert organized by a motorcycle gang of Russian nationalists known as the Night Wolves.

THE ASSOCIATED PRESS

Medical marijuana

Smoking pot cost him his job: Worker

A former TD Bank employee in Ottawa alleges he was fired for using medical marijuana while on the job and he's taken his complaint to the Canadian Human Rights Commission.

David-George Oldham says he's been a licensed medical marijuana user since Dec. 31, 2013, and began smoking pot at work to alleviate his symptoms. He says his human resources managers demanded to see proof of his medical marijuana license, which he declined to show them.

TD corporate and public affairs manager Meghan Thomas wouldn't discuss details of Oldham's complaint, only saying that there was "more to the story." TREVOR GREENWAY/METRO IN OTTAWA

Halifax airport

Woman hops fence, runs onto airfield

No charges are expected after a 37-year-old woman scaled a three-metre-high barbed wire fence around the Halifax Stanfield International Airport and ran onto the airfield Sunday morning, say RCMP.

RCMP spokesman Sgt. Alain LeBlanc said the 37-year-old woman believed her partner was on an aircraft and was trying to stop it from taking off. RCMP learned her partner was not on any plane Sunday, LeBlanc said.

HALEY RYAN/METRO IN HALIFAX

Daredevil divers take the plunge in Kosovo

Spectators watch as diver Sali Riza Grancina, winner of the competition, performs the winning jump from the Ura e Shenjte bridge during the traditional annual high-diving competition, near the town of Gjakova, 100 kilometres south of Kosovo's capital Pristina, on Sunday. A total of 27 divers from Kosovo competed, diving from the 22-metre-high bridge into the Drini i Bardhe River. VISAR KRYEZIU/THE ASSOCIATED PRESS

Calgary man takes road less travelled to pay down debts

No fixed address.
The self-styled urban nomad's life in an RV trailer is chronicled at geoffreywestlock.blogspot.com

JESSICA PATTERSON
winnipeg@metronews.ca

Geoffrey Westlock and "Wanda," his home-on-wheels that's helping him climb his way out of debt. JESSICA PATTERSON/FOR METRO

Faced with mounting personal debt, Geoffrey Westlock came up with a drastic solution. He decided to go NFA — no fixed address.

The 43-year-old has been living in an RV trailer in Calgary since May, in a deliberate effort to pay down $15,000 in debt he'd amassed since graduating from film school in 2010.

Westlock now parks his truck and trailer in big-box store lots around the city, and calls himself an "urban nomad." It's more economical than renting a room, or leasing a townhouse, he said, as his fixed expenses amount only to a phone bill, a truck payment, and $122 every two weeks for the trailer.

"It frees up a massive amount of cash to pay down my debts," Westlock said.

Originally from Vancouver, Westlock moved to Edmonton in 1997 before heading to Red Deer in 2008 to enrol in film school. He graduated in 2010 with a BA in Motion Picture Studies and $15,000 in credit-card debt.

He hatched the urban nomad plan as a solution to his debt. "If I drastically reduced my lifestyle for a very short period of time, I could get through this," he said.

His plan is to keep it up until he pays off the debt, which he expects to accomplish by next summer.

Westlock plans to move to Toronto after that, to work in the film industry.

Westlock said he makes use of truck stops and big-box store parking lots to park his truck and trailer. He said he was kicked out of a Costco parking lot one night, but on the whole hasn't had much trouble in other locations.

Quoted

"Near the end of my BA, I ran out of money and was living on credit cards the last couple of months. The bills piled up and before I knew it, I ended up maxing out my credit cards to the tune of $15,000."

"Urban Nomad" Geoffrey Westlock

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Is Twitter the next Facebook? Uh, no

HOW TO ROLL
Alison Griffiths
metronews.ca

Investors are all atwitter about tweeting. Since Twitter Inc.'s December peak at $73.73 US, and subsequent fall from grace to just over $30 in May, investor forums — often rather sleepy in August — have been buzzing about whether the social-media and micro-blogging company is a buy, sell, hold or short-sale prospect.

It was only weeks ago when the majority of analysts were bearish on the stock. But, after the 20 per cent surge in late July to close at $46.47, things are starting to change. First came the report that second-quarter revenue jumped 124 per cent. Then up popped the news/rumours/leaks that Twitter is moving into e-commerce.

But not everyone is piling on the Twitter bandwagon.

According to TheFlyOnTheWall.com, there were four sell, 20 hold and 15 buy ratings on the stock a week ago. The consensus among analysts is hold with a price target of just over $50.

That means most believe there is some upside to the stock but one shouldn't be betting the farm on it.

Despite the e-commerce hints, there are still concerns that Twitter may continue to be a creature of big events such as World Cup soccer and unable to sustain a steady growth in ad revenue in between.

Certainly big events power Twitter. There were more than 580,000 tweets per minute during the World Cup match between Germany and Brazil. And Beyoncé's Super Bowl extravaganza sparked 360,000 every 60 seconds.

That's a whole lot of OMGs, hashtags and trending going on.

But global market research firm International Data Corporation (IDC) doubts big-event highs will translate into growth.

"I would expect that at least two-thirds of World Cup Twitterers will stop using the platform again over the next six months." Karsten Weide, head of IDC's consumer research, told MarketWatch.com.

Twitter's biggest misstep has been to throw down the gauntlet to Facebook. CEO Dick Costolo said he intends to build the largest social-media audience in the world. But that's just silly posturing.

In order to grab a bigger share of the ad revenue all these companies so desperately need, Twitter should focus on what it can do uniquely. The more it tries to beat Facebook at its own game, the more investors should be wary.

U.S. visa issues send some Silicon Valley workers North

Hootsuite's main headquarter offices are shown in Vancouver in this undated handout photo. Software engineer Pablo Guana nearly refused a job with Facebook when the company redirected him to Vancouver from Silicon Valley because his United States visa application was rejected. The struggle to obtain entry for employment epitomizes how stalled immigration reforms in the United States, along with several other factors, may be galvanizing Vancouver's tech sector into becoming Silicon Valley North. Facebook said the employment of up to 150 staff in Vancouver from around the world is only short-term, and points to the obstructive U.S. immigration system that "makes it difficult, and sometimes impossible," to bring talented engineers to its Menlo Park headquarters, south of San Francisco. HOOTSUITE/THE CANADIAN PRESS

Keystone XL

Pipeline's effect underestimated: Climate study

An economic analysis of the proposed Keystone XL pipeline's possible climate impacts has concluded they could be up to four times higher than previously estimated.

In the study published in the journal Nature Climate Change, researchers at the Stockholm Environment Institute write that widely quoted U.S. State Department findings that the oilsands pipeline wouldn't make a significant difference missed a major source of greenhouse gas emissions.

"It didn't appear that they looked at the market implications," said co-author Peter Erickson. "If the Keystone pipeline were to enable a greater rate of extraction of the oilsands, would that not increase global fuel supplies, which might then decrease prices and therefore allow a little bit more global consumption?" THE CANADIAN PRESS

Markets destabilized by escalating chaos overseas

Stock markets are likely in for tough slogging again this week as traders grapple with uncertainty caused by escalating geopolitical troubles in Ukraine, Iraq and Gaza.

"I think we're dealing with some complex issues," said Jean-Francois Dion, portfolio adviser at RBC Dominion Securities' wealth management division.

"There are no easy solutions here and we will likely be dealing with these situations for awhile here."

The Toronto market ended last week more or less flat, down 19 points, which still left the TSX up 11.56 per cent year to date. The Dow industrials ended the week with a gain of 61 points or 0.37 per cent amid reports Friday afternoon that Russia had ended military exercises on its border with Ukraine.

But the rally that capped Friday trading left many market-watchers unimpressed.

"Nothing has changed — it was all technically driven on a Friday afternoon in the summer," said Colin Cieszynski, senior markets analyst at CMC Markets Canada.

"It's more short-covering and less exuberance. You just had people shorting (the market) throughout the week and they were just closing out positions before the weekend."

Russia is the biggest geopolitical concern for two reasons.

There are worries that Russia could actually invade its neighbour if it appears that Ukrainian rebels supported by Russia are in danger of collapsing under the onslaught of Ukrainian military forces.

But also casting a pall over sentiment is the worry about the effect of sanctions and countersanctions on a fragile European economic recovery. THE CANADIAN PRESS

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OLD FACEBOOK POSTS NOT THE ISSUE

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

I don't give a damn what Lorrie Steeves has to say about downtown safety.

I also don't care about Tracy Bowman's thoughts on public transit, and I don't want to hear how Ron Leis feels about property taxes. I don't even know if Robert Falcon Oullette is married, and it doesn't matter in the slightest.

Look, I'm not excusing the crazy rant that Steeves posted to Facebook in 2010. It was racist, offensive and over the top. It also shouldn't have any bearing on this election.

Lorrie Steeves hasn't been a central figure in her husband's campaign. Other than appearing with him at city hall when he registered as a candidate, she hasn't done media interviews with him, hasn't advocated any policy positions, and has barely even appeared in his campaign selfies.

She's not a public personality, but because she's married to one it's fair game for some political assassin to dig through her background, sort through four years of Facebook posts, and gleefully share the dirt?

Because make no mistake, the disclosure of this post wasn't thanks to the efforts of a Good Samaritan. This was a premeditated political attack. Some people had been holding on to this grenade for years, just waiting for the perfect opportunity to pull the pin. Now they're laughing at the carnage they caused, and their candidate of choice will benefit.

As the anonymous Twitter user who shared the post with media said on Friday: "Twitter is the new manila envelope."

So what else is sitting out there in virtual manila envelopes, just waiting to be released when "the wrong candidate" dares to get too high in the polls? Did someone's wife take a controversial position in a university term paper, or a husband take questionable photos, or a kid face criminal charges?

Call me naive, but I care about what the candidates themselves say and do. They should be poked, prodded and grilled, especially over their ideas for how they might run the city.

And that raises a good point. The Facebook firestorm actually overshadowed Steeves' announcement of his downtown safety strategy, which includes increasing police numbers, establishing a network of security cameras, and sweeping intoxicated people off the streets.

It's a controversial plan in its own right, and one that deserves to be debated. But that won't happen now, because people would rather talk about the candidate's wife's four-year-old Facebook post than the candidate's four-day-old plan to turn downtown into a military state.

Racism and perceptions of safety are big issues in this town that require big conversations to find big solutions. The TMZ-style shaming of one person because she happens to be related to someone in the news isn't getting us anywhere near that goal.

KEEPING THE 'Z' IN ... ZONKEY?

A hybrid of a zebra and a donkey stands at the Taigan zoo park outside Simferopol in Crimea on Aug. 5.
YURI LASHOV/AFP/GETTY IMAGES

Crossbreeding in Crimea: When a zebra 'befriends' a donkey

A Crimean zoo has welcomed into its collection a "zebroid" or "zonkey" after a zebra gave birth following befriending a donkey.

Named Telegraph by the keepers at the Taigan zoo park, his head and body resemble that of a donkey and are a solid beige colour, with his legs marked by black zebra stripes.

Born last week, "Telegraph is very popular with visitors" who can watch him romping around with his mother, said director of the Crimean zoo Oleg Zubkov. GETTY IMAGES

Frowned upon

- Crosses between zebras and other members of the equine family are not unheard of, although it is more unusual that the zebra is the mother.
- However, allowing such breeding to occur is frowned upon in the zoo community.

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Dollars in drawers in Detroit ...
Woman, 78, busted with $41,000 in cash in girdle, bra, bag at airport

A 78-year-old Florida woman tried to fly on an international trip to the Philippines from Detroit Metropolitan Airport with almost $41,000 in cash hidden inside her girdle, bra and carry-on bag, federal authorities said.

A complaint filed Friday in U.S. District Court in Detroit said the Clearwater woman was trying to board a flight April 2 to the Philippines with her daughter. She initially said she had $200 in cash but submitted a form declaring she had $1,200, prompting questions.

The woman told authorities that she had recently sold her home for $120,000, wired some money to the Philippines and had planned to carry a portion of the money with her.

$21K in girdle

During a search, Customs and Border Protection officers found $8,000 in wallets in her carry-on bag, $4,000 sewn into a cloth pouch and nearly $1,000 in envelopes, according to the complaint. She then told them she had $3,000 in her blouse and $2,000 sewn into the strap of her bra. Officers continued to search and said they found about $21,000 in her girdle.

"She stated that she did not wire the proceeds to the Philippines this time because she thought it was safer to carry the money," according to the complaint.

Federal law requires travellers to declare if they are carrying more than $10,000. The woman hasn't been charged, but the government in the forfeiture complaint said it wants to keep the money. The Detroit News reported details of the request Friday.

Federal court records don't list a lawyer for the woman. The Associated Press left a message Saturday seeking comment from her at a telephone listing in Florida.

THE ASSOCIATED PRESS

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Even in hair and leather, Sinead is still in charge

Not bossy. Singer defends sexy cover photo on new album that features honest and direct lyrics

PAT HEALY
Metro in Boston

Surprisingly, Sinead O'Connor agreed to pose in a leather dress and wig to promote her new album. Unsurprisingly, it became the cover. DONAL MOLONEY

Sinead O'Connor is no stranger to controversy, including a recent spat with Miley Cyrus after the younger singer reacted unfavourably to her letter about the evils of the music industry. She cautioned Cyrus about using sexuality to sell music, so it was surprising when O'Connor's new album, I'm Not Bossy, I'm the Boss (out on Aug. 12), arrived and she is looking sexy herself in a leather dress and an actual hairdo.

With the new album, I hear a bit of the honesty and direct lyrical style that was present in your breakthrough album more than your recent work.
To some extent, I've changed the platform from which I write. When I was younger, before I made (the 2002 album) Sean-Nos-Nua and the Rasta record (2005's Throw Down Your Arms) and into (2007's) Theology, I wrote from a different platform. I was a young person who had a lot to get off her chest. I wrote from a much more personal point of view in those days.

But since then, I guess I closed the chapter, very much beginning with the last album (2012's How About I Be Me (and You be You)). I'm inclined to write characters, mostly. So they're not necessarily autobiographical. In fact, for the larger part, they're not at all.

A line on the song Eight Good Reasons goes, "I love to make music but my head got wrecked by the business." This feels like a theme.
It's kind of about how, for a lot of musicians, you get into music for the sake of making music, and you only spend about 4 or 5 per cent of your time making music. The business end of music is very ugly. It's very much pimps and hos, and we're the hos, and that can be demeaning.

There's a line in the song James Brown where you say, "I know I look like a wooden chair," which is definitely not the case on this album cover.
Well, thank you. I'm going to take that as a compliment. But I look even better without the hair. If I had that dress on and I had no hair, I'd look way better. It's just I knew if I slapped on hair, everybody would talk about it, and it worked.

Talk to me about the promo photos in relation to the pimps and hos theory and the notion of sex appeal.
It's very interesting to me that people say "sex appeal," and I'm having a ball with it, and I think it's based on the fact that I have hair. Because I'm dressed, certainly on the album cover, I'm dressed from head to toe.

I think the leather dress probably helps, too.
Yeah, well, you know, that's something I'd wear in my own life or going out or whatever ... It just so happens that I had my picture taken. It wasn't supposed to be the album cover. I decided that.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to watch the video for Take Me to Church, the first single from Sinead O'Connor's new album.

metro AR → See the full instructions on Metro's Voices page.

Ebooks

The Grumpy Guide To Life

By. Grumpy Cat

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

"Never lead," advises Grumpy Cat in this book of self-woe, "always follow. It's easier to trip someone from behind." Filled with captioned cat photos, this guide to nurturing your inner grump deconstructs themes of love, nature, family, career and friendship. It's a silly, sometimes witty, collection of gags.

Online star power

YouTube stars top Hollywood

PewDiePie

The average U.S. teen is more likely to swoon over PewDiePie than Jennifer Lawrence. In a survey for Variety, the teens were asked to rank 20 celebrities. YouTube stars took the top five spots: Smosh, the two-man comedy team, followed by The Fine Brothers, Swedish video gamer PewDiePie, British YouTuber KSI and U.S. celebrity Ryan Higa. AFP

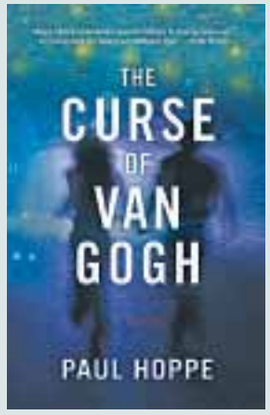
Novels to read to your art's content

Art books are having a moment, and we're not talking about those pricey coffee-table books that people display but never read. These new releases are full of drama and scandal

EMILY LAURENCE
Metro in New York City

The Curse of Van Gogh by Paul Hoppe

If you love a good art heist story, you'll devour this thriller, which came out July 29, the 124th anniversary of artist Vincent Van Gogh's death. Hoppe tells the tale of an art thief just released from prison who falls back into his wicked ways after bartending at a New York City art event. Author Paul Hoppe's background is in Hollywood screenwriting and he really packs a lot of action into his first novel.

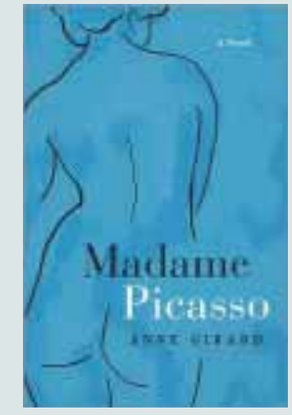


The Objects of Her Affection by Sonya Cobb

Another good art heist novel is The Objects of her Affection, out this month. It's about a woman named Sophie whose husband works as a curator for the Philadelphia Museum of Art. When her family starts struggling financially, she finds herself doing something no one would ever expect her of doing: stealing a pricey antique.

Madame Picasso by Anne Girard

Out Aug. 26, this novel imagines a torrid love affair between Picasso and a small-town girl named Eva who moves to Paris where she meets the artist. Of course, Picasso wasn't a one-woman-man type of guy, so expect lots of drama along with steamy love scenes. In real life, Madame Picasso was Picasso's lifelong muse. This book tells the imagined story of her life.



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Twitter

@Renner4Real
Well... I finally joined social media. Need a drink. Warming up for my first post? #whore #letsdothis

@rickygervais
Just spent an hour making an elephant mask for a charity. Rubbish. If your child did it you'd have to say " that's not going on any fridge"

@lenadunham
My mom just called after midnight and earnestly wished for "an app that would help with talking to drunk people at parties."

Younger Downey hit with drug charges

Indio Downey, son of Iron Man star Robert Downey Jr., has been officially charged with felony drug possession following his arrest in June, according to TMZ. Cops stopped a car in which Indio was riding after spotting the 20-year-old brandishing drug paraphernalia. A subsequent search turned up cocaine on his person. Indio has previously sought help for addiction to pain medication.

Is that a mic wire in Elba's pants, or is the Internet just a little too excited?

The Internet went into a frenzy recently when photos of Idris Elba on the set of his new movie seemed to point to a certain astonishing anatomical aspect of the Luther and Thor star. Sleuths insisted the images prove Elba is both ridiculously well-endowed and a member of John Hamm's anti-underwear club. But apparently it was all too good — or big — to be true, as Elba himself took to Twitter to clear things up. "The good news is I got a s—load of followers," he tweeted. "The bad news is that is a mic wire." But what a lucky mic wire, right?

Idris Elba

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Director makes waves with Aquaman defence

NED EHRBAR
Metro in Hollywood

A couple of radio hosts in Detroit were talking trash about Aquaman last week, so Batman V Superman: Dawn of Justice director Zack Snyder decided to call in and defend him — proving once more that Aquaman can't defend himself and has no business in the Justice League. I kid! I kid! But seriously, folks, Snyder — who is in Detroit to film the superhero flick that clearly isn't taking up that much of his time — wanted to make it clear that Aquaman would be totally awesome in the movie should he end up in the movie, but Snyder isn't saying he'll be in the movie. (He'll be in the movie.) "I don't want to give anything away about the movie, but Aquaman has some cool abilities," Snyder said. "(He) could cut the flesh of Superman if they came in contact ... It's not to say that he's in the movie or anything like that, but he has the potential to be bad-ass." This does seem like a great way to get Snyder to spill more about the 2016 film than he was planning. Quick, someone with a radio show say something mean about Robin!

David Arquette toasts being true to himself

This does not bode well. One-time sober person and all-the-time good-time-party-guy David Arquette is not hiding the fact that he's been getting hammered lately, despite having a four-month-old baby at home. "I'm not sober. It's very hard (to work in the nightlife field and stay sober). That's probably why I'm not sober," he recently told Rumor Fix. That "probably" is a nice touch, suggesting more inquiry into the subject is called for. That working in nightlife bit? Oh, Arquette is part-owner of a couple of alliterative Hollywood hotspots called Bootsy Bellows and Hooray Henry's. He'd previously been sober for more than two years before giving that up because, as he told Howard Stern at the time, "I wasn't being true to myself, like what I enjoy and this and that." To thine own self and this and that, Mr. Arquette.

David Arquette
ALL PHOTOS: GETTY IMAGES

Duchovny's divorce getting pricey

David Duchovny and Tea Leoni have finalized their divorce three years after splitting up for the last time — plus six years after Duchovny checked himself into rehab for sex addiction — and this one is going to cost the Californication star, according to Radar Online. The settlement, filed in New York City, calls for Duchovny to pay Leoni $40,000 a month in alimony plus an additional $8,333 a month in child support for their two children, 15-year-old Madelaine and 12-year-old Kyd. Duchovny also has to cover the kids' expenses for private school, tutoring, extracurricular activities and college.

David Duchovny

Divorce wars are for losers

Negotiate or litigate?

Nobody wins in costly court battles, so work out a deal on your own and move on with life

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Once you've decided to split from your spouse, why prolong the agony with long divorce proceedings? STOCK

Trying to get a divorce? Wondering why it's taking so long and costing so much?

Family courts are backlogged because we've been conditioned to believe the divorce process has to be both litigious and expensive. But it doesn't have to be either.

If we applied some common sense — putting the beginning of our next chapter ahead of the retaliation we feel for ending the last chapter — it could be a much smoother process.

The Ontario government knows marriage dissolution is a mess. It's looking for ways to encourage people to talk it out rationally and stay out of court. That'll keep more money in people's pockets.

Darren Gingras, president of The Common Sense Divorce (with which I am affiliated) says, "In my work as an independent financial broker, it wasn't uncommon to encounter clients who had just come through a divorce process. Most of the time, my clients found themselves emotionally distraught, financially devastated and with their credit destroyed."

There's got to be a better way. It seems the trick is to recognize from the get-go that divorce is going to suck, that how much you contribute to the brouhaha will dictate how much it costs, and there are alternatives: mediation and collaborative divorces are the smarter way to go.

Nobody gets married thinking the relationship will end in divorce. Even as I was marrying my third husband and my lawyer was shouting "pre-nup, Pre-nup, PRE-NUP!" I thought it would be my forever relationship.

When the crap does hit the fan, angry partners are inevitably given incorrect information or unrealistic expectations by well-meaning friends and family. That's only one of the dumb mistakes divorcing people make. If you or your friends have no idea of the options available and assume incorrectly that you're in for a battle royale with long, drawn-out court appearances and expensive litigation, how will you pay for it all?

Money. Yup, it's the fighting over who will get how much, not the legalities of a divorce process, that causes costs and emotions to run high. The average price of a contested divorce in Ontario is $15,800 per person. The average price of a contested divorce that goes to court is $23,900, taking anywhere from one to three years to finalize.

So it's time to stir some common sense into the mix. It's time to set aside animosity, irrational behaviour, and unfettered escalating costs, and remember the point is to get out of the last chapter with dignity and enough money to start the next.

Don't think you'll get out of your marriage with a bill for $4.95. But you can keep more of your family's money in each of your pockets if you show a willingness to discuss and negotiate.

And if you find the right team to help you navigate the rocky shores of the divorce process, you're more likely to sail into safe harbour.

The very idea of divorce can be so scary that people stay put rather than deal with the perceived complications.

Darren Gingras says his phone rings off the hook after major holidays and long weekends when people finally face up to the need to make a change in their lives. They've had enough and denial won't work anymore.

Wouldn't it be nice to have someone who knows what's going to happen next explain each step along the way?

You can have that. And you can have a team of experts that knows the ins and outs of what you have to consider as you make your decisions. (You do know that family lawyers don't know squat about money management, right?)

And you'll have someone to remind you that divorce isn't about winning — something a lot of people duking it out in court have forgotten.

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5. There will be less stress on the kids.

How to identify narcissists? Just ask them

U.S. researchers conducted 11 experiments involving 2,200 participants and found that identifying narcissists is as simple as asking them directly, while making sure they understand the definition of the word and its implications.

The magic formula? Ask the supposed narcissist the following question and don't forget to make him aware of the note at the end:

"To what extent do you agree with this statement: 'I am a narcissist.' (The word 'narcissist' means egotistical, self-focused, and vain.)"

Quoted

"People who are narcissists are almost proud of the fact."

Brad Bushman, Ohio State professor

Researchers did exactly so in experiments on a multitude of subjects.

"Overall, narcissism is problematic for both individuals and society," says Brad Bushman, co-author of the study and a professor of communication and psychology at The Ohio State University.

"Those who think they are already great don't try to improve themselves. And narcissism is bad for society because people who are only thinking of themselves and their own interests are less helpful to others."

This discovery on how to single out such menaces to society represents a grand advancement in social sciences that will save time and effort for researchers by eliminating the need for the conventional Narcissistic Personality Inventory test. Researchers found the results of their Single Item Narcissism Scale (SINS) test in accordance with those of the 40-item NPI.

Among the researchers reflections after extensive interactions with narcissists is the element of pride observed.

"People who are narcissists are almost proud of the fact," says Bushman.

"You can ask them directly because they don't see narcissism as a negative quality: They believe they are superior to other people and are fine with saying that publicly." AFP

Although bad for society, narcissists are happy with themselves. ISTOCK

Doing the workplace watusi

From dance floor to desk. Pro dancer Derek Hough teaches us how to get the best out of all our partners

LAKSHMI GANDHI
Metro World News

Derek Hough performs at the 2014 Young Hollywood Awards in July. GETTY IMAGES

Over the course of 13 seasons on Dancing With The Stars, ballroom dancer Derek Hough has been paired with celebrities as varied as former talk show host Ricki Lake, country singer Kellie Pickler and Olympian Shawn Johnson.

This week, Hough releases his book Taking the Lead: Lessons from a Life in Motion, in which he delves into what it takes to transform a celebrity into a dancer and how to take what can be scathing criticism on live television.

Hough — who just completed his Move Live tour co-starring his sister Julianne — took some time to share a few of those lessons with us.

You will never be 100-per-cent ready

Wondering if it's time to make your next move? Don't wait until you are "ready," says Hough. "It's trial by fire," he says. "You're never 100-per-cent ready. That's something I learned growing up in England while being trained by dancers Shirley and Corky Ballas. For me, with my personality, I'm such a perfectionist that I didn't want to go out on the dance floor until I was ready.

"If it was up to me, I would have stopped myself," he continues. "But Shirley just taught me to get out there and just do it."

Make an effort to get to know your partner — including co-workers

"Each partner is so different, but that's what makes it exciting," says Hough. "It's all about adapting, it's about figuring out what are their strengths and weaknesses."

Work to bring out the best in your partner

Being a cast member on Dancing with the Stars means that you are one part professional ballroom dancer and one part life coach/therapist/chief motivator.

"One of my favourite parts is working with celebrities and really trying to figure out what that fear is and seeing their eyes light up when they get past it."

Be calm before your big moment

- "I tried to do this thing with (Paralympic snowboarder) Amy Purdy where we would just be talking about gratitude," he says about the ritual he developed with his partner last season. "We'd just be naming things we were grateful for like, 'I'm grateful for my family,' 'I'm grateful for my friends.' For Amy it would be 'I'm grateful for this dress I'm wearing.' And then all of the anxiety goes away and you are just feeling good."

Embrace the new face

"Each partner is so different, but that's what makes it exciting. It's all about adapting, it's about figuring out what are their strengths."
Derek Hough

Sometimes you just have to learn as you go along

Longtime DWTS fans may be surprised to learn that Hough had never really choreographed professional routines before joining the cast. "I wasn't a teacher, I wasn't a choreographer. I was really faking it 'til I made it."

Criticism isn't personal

One of the hardest parts about performing on a show like DWTS is receiving criticism from the judges on live television just moments after a performance. "Truthfully, early on I got really nervous," Hough recalls. "If it wasn't good, it was my fault, it had nothing to do with my partner."

He notes that his approach to the judges' comments has evolved over the years.

"Now it's more like, 'Am I happy with my performance?' If I feel like (my partner) did a really good job, I kind of take (the judges' comments) with a grain of salt. If it's negative and I agree, I always say so."

Two heads are better than one

Growing up on the competitive ballroom circuit, Hough sometimes found himself in direct competition with his sister Julianne and his best friend (and fellow DWTS cast member) Mark Ballas.

"It was interesting, growing up and competing against each other," Hough says now. "Competing on Dancing with the Stars is completely different. Now it's more, 'Hey, what do you think of this?' and 'Hey, can you come look at this?' It's much more collaborative now."

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Lessons from the desert

Find new freedom by daring to be unreasonable

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

Life hands all of us opportunities, yet we perceive most of them as outside our comfort zone. A big project comes up and the standard response is, "No, this is not reasonable." As we age, these tentative tendencies gets worse as our risk tolerance decreases, and decision-making hovers between protecting ourselves and avoiding the sting of potential failure at the expense of taking on something new.

When I'm faced with that decision, I think of my running mentor Dr. Mehmet Danis, whose favourite expression is: "Be unreasonable."

The opportunity to do just that came in May when I was invited to join a bicycle race in the French Pyrenees in which we would ascend 10,000 feet three days in a row.

The Pro-Am event teams professional cyclists with seven amateurs; all must finish together.

My immediate response was obvious: lacking experience, not being bike fit, and being overweight, I would slow everyone down and be riddled with guilt if I accepted. And even if I thought I could do it, I didn't have enough time to get ready.

I had so many reasons to say no. But then Dr. Mehmet's words came to mind. "Be unreasonable," I thought.

Take a walk on the wild side

I had so many reasons to say no. But then Dr. Mehmet's words came to mind. 'Be unreasonable,' I thought.

Ten weeks later, on the eve of the race, I'm 20 pounds lighter and fitter than I thought was possible within that time frame, albeit filled with anxiety about what lies ahead. My life is forever changed: new habits, friendships, a love for a sport I never knew existed and an incredible experience I will remember forever.

Reasonableness is a standard against which we make most decisions. It typically yields a predictable outcome: Playing the game of life not to lose. Being unreasonable opens up the option of playing to win while expanding our comfort zones to include new possibilities.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Amazing possibilities may not come as readily if you always choose the route that's most comfortable. ISTOCK

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Snacking Raw

The Bread Lady, a fixture at St. Norbert Farmers Market, has been crafting delicious wholegrain breads and baked goods from Kamut™ and Manitoba wheat and spelt for over ten years.

In 2009, company owner Natalie started making raw, flour-less **Flax Crackers** and **Hemp Snackers** in response to the growing demand for gluten-free and vegan foods. The Rawnata brand was created soon after her Chocolate Hemp Snackers won the Great Manitoba Food Fight in 2011!

Hemp Snackers; Chocolate and Goji
Photo Credit: Channy's Photography

Rawnata is a modern twist on the Latin name "renate," which means "reborn" - the product line focuses on certified organic raw seeds such as flax, hemp, and chia, and other functional, nutrient-dense, vegan, gluten-free ingredients. Processing is done at low temperatures for easier digestibility.

Flax Crackers, made with Manitoba-grown organic flaxseed, plus hemp and chia seeds, are a source of fibre, protein (5-6g per serving), and heart-healthy Omega-3's. They're currently available in Sunflower Sesame, Goji Goodness, and Vanilla Saskatoon from The Bread Lady farmers' market booth and the Bothwell Cheese Shop.

Hemp Snackers are crunchy energy bars (4-5g protein per serving) made primarily with organic hemp seed and coconut. Sweetened with organic Canadian maple sugar, flavours include Chocolate, Goji, and Raw Vanilla; find them at The Bread Lady farmers' market booth, Generation Green, and www.myfarmersmarket.com.

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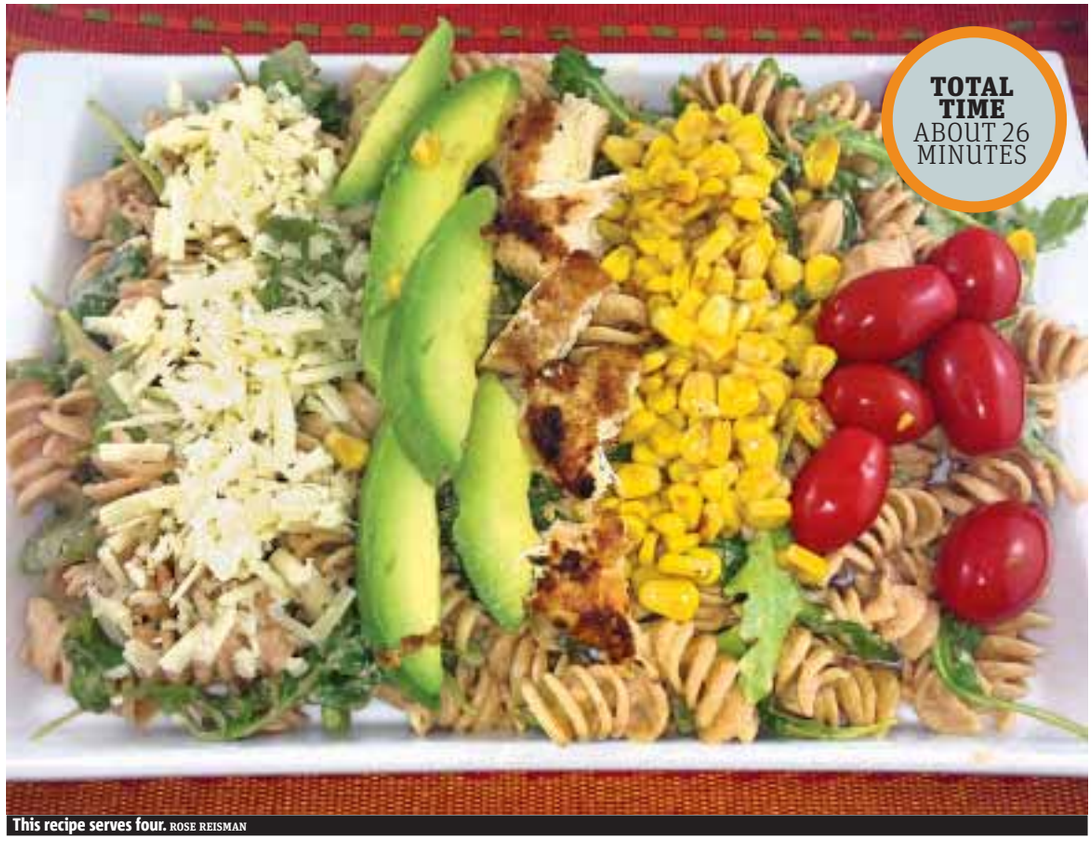
Expires September 30th, 2014"

Elevate a yummy Cobb on a bed of arugula and whole wheat pasta



This recipe serves four. ROSE REISMAN

Pack a picnic. All this week Metro looks at recipes with a fresh take on packable classics for eating out-of-doors or at your desk

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Planning a picnic but tired of the standard fare? Reimagine the classic pasta salad with a California Cobb twist. This healthy dish includes all the elements of a Cobb salad including tomatoes, corn, avocado, chicken and cheese, but with the addition of whole wheat pasta and a delicious simple Russian dressing.

It's easy to pack either as a plated dish or assemble right before you eat. Always keep the hot weather and proper cooling in mind when packing your food for outdoor eating. Keep perishable items such as the chicken, cheese and dressing on ice and don't leave the pasta salad out for more than two hours.

There's loads of nutrition in this one-dish meal. The whole wheat pasta gives you an extra boost of fibre — close to double that of white pasta. Arugula boasts eight times the calcium, five times the amount of vitamin A, vitamin C and vitamin K, and four times the iron of iceberg lettuce. Avocado contains folic acid and vitamin B6, which is associated with a lower risk of heart disease.

All in all, a healthy and incredibly delicious salad.

Ingredients

Salad
- 8 oz whole wheat Catelli rotini
- 1 1/2 cups arugula
- 1 cup canned or frozen corn niblets
- 1 cup grape tomatoes
- 4 oz cooked chicken breast
- 1/2 cup sliced avocado
- 2 oz grated white cheddar cheese

Dressing
- 2 tbsp mayonnaise
- 3 tbsp low-fat sour cream
- 2 tbsp Heinz sweet chili sauce or ketchup
- 2 tbsp water

Directions

1. Cook pasta until just firm to the bite, approximately 8 minutes. Drain well and rinse with cold water. Place on a large oval dish. Add arugula and mix.
2. Combine ingredients for dressing and mix into pasta.
3. In a small skillet sprayed with vegetable oil, add corn and tomatoes and sauté on a high heat just until both vegetables begins to brown, about three minutes.
4. Place corn, tomatoes, chicken, avocado and shredded cheese over top in separate rows to create the classic Cobb look.

SOURCE: THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY: ROSE REISMAN

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PGA Championship

McIlroy wins at a soaked Valhalla

The challenge finally arrived for Rory McIlroy, and he was better than ever to win the PGA Championship.

On a back nine filled with as much tension as a major can provide, McIlroy emerged from a four-man battle with flawless golf to outlast Phil Mickelson and the darkness Sunday at Valhalla and capture his second straight major.

McIlroy closed with a 3-under 68 and became only the fourth player in the last century of golf to win four majors at 25 or younger. The others were Tiger Woods, Jack Nicklaus and Bobby Jones, three of the game's greatest players.

Boy Wonder appears on his way to belonging in that group.

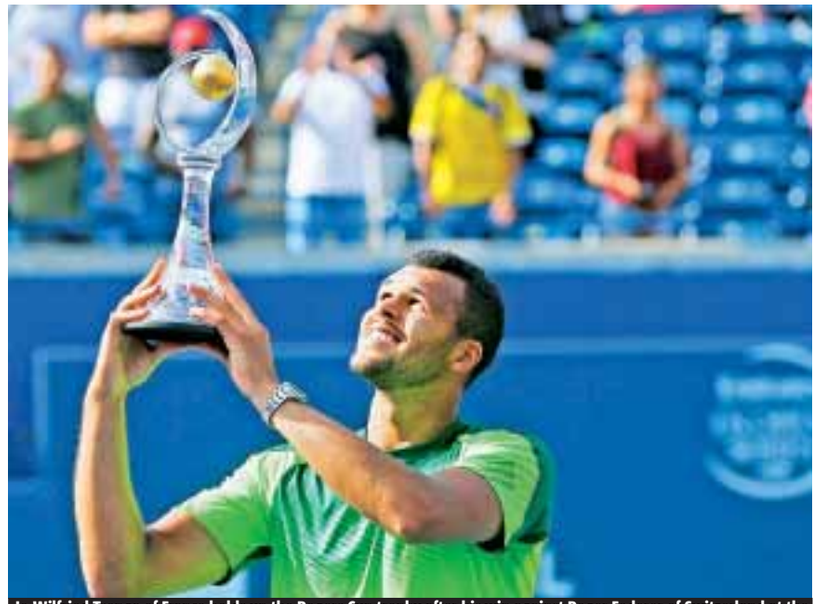
"I didn't think in my wildest dreams I'd have a summer like this," said McIlroy, only the seventh player to win the last two majors of the year. "I played the best golf of my life. I really gutted it out today."

McIlroy finished at 16-under 268. The victory was his third in a row, following the British Open and World Golf Championship event last week at Firestone. THE ASSOCIATED PRESS

Rory McIlroy speaks to reporters after his victory on Sunday in Louisville, Ky. GETTY IMAGES

Not even Federer could match Tsonga

Favourite demolisher.
Frenchman beats four straight top-10 players to win his first ATP title of the season



Jo-Wilfried Tsonga of France holds up the Rogers Cup trophy after his win against Roger Federer of Switzerland at the Rogers Cup final at Rexall Centre at York University in Toronto on Sunday. RONALD MARTINEZ/GETTY IMAGES

As a No. 13 seed, Jo-Wilfried Tsonga had a punishing draw at the Rogers Cup.

He didn't have big expectations entering the tournament but proceeded to take down some of the biggest names in tennis en route to the final.

Once he got there, the man who is arguably the greatest player in the sport's history became his latest victim.

Tsonga relied on his powerful serve and strong baseline game in a 7-5, 7-6 (3) victory over second-seeded Roger Federer at Rexall Centre on Sunday. The Frenchman took advantage of a rare off-day from the Swiss great and capitalized on his chances.

"I'm working hard, my motivation came back," said Tsonga, who has battled knee problems over the last two years. "I want to win, I want to play my best tennis on the court. And it happened today."

It was his fourth straight victory over a top-10 opponent. He upset top-seeded Novak Djokovic in the third round, eighth-seeded Andy Murray in the quarter-final and seventh-seeded Grigor Dimitrov in the semifinal.

Tsonga earned $598,900 US for winning the $3.78-million tournament while Federer received $293,650 as the finalist. It was Tsonga's second career Masters 1000 Series win and his first victory at this event.

He took out three members of the so-called Big Four this week. The other, 2013 champion Rafael Nadal, withdrew due to injury.

"I think for me it's going to be a new motivation because just last year I always lost against those guys and it was really frustrating for me," he said. "Then today a win against (Federer), it's good for me, it's good for my ambition and it's good for my career."

THE CANADIAN PRESS

Defeated

"I just couldn't create enough opportunities. So I think he deserved to win at the end of the day."
Roger Federer

In Montreal

Agnieszka Radwanska was the best, most consistent player all week, and that's what made her the women's Rogers Cup champion.
The third-seeded Radwanska, the first Rogers Cup champion from Poland, defeated Venus Williams 6-4, 6-2 to pick up her first tournament win of the year at the hardcourt event and the $441,000 winner's prize.

4 SPORTS

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50 YEARS

After fatal hit. Stewart pulls out of Watkins Glen

Tony Stewart
GETTY IMAGES

Tony Stewart pulled out of the NASCAR race at Watkins Glen Sunday, 12 hours after the three-time champion struck and killed a sprint car driver who had climbed from his car and was on the darkened dirt track trying to confront Stewart during a race in upstate New York.

Greg Zipadelli, competition director for Stewart-Haas Racing, said at a news conference that Stewart "feels strongly" about not competing Sunday following the death of Kevin Ward, Jr. The decision was an about-face for the organization, which initially said Stewart would be behind the wheel of his No. 14 Chevrolet when the green flag waved.

"We gave Tony some time to sleep on it. He feels strongly this is the right thing to do," Zipadelli said. "All you can do is what you feel is right, and we feel this is right. We get through today and do it the best we can as a group."

In a statement, Stewart said the crash has been "emotional" for all involved.

The crash happened Saturday night at Canandaigua Motorsports Park, a dirt track and an extracurricular race for Stewart. THE ASSOCIATED PRESS

NFL. Gronkowski gets a little help from his friends

Rob Gronkowski is getting some help from a couple of very talented friends as he continues his comeback from knee surgery: Tom Brady and Darrelle Revis.

As the New England Patriots prepare for their second pre-season game, Gronkowski, their star tight end, awaits a return to contact. Meanwhile, he works on the side, and part of that work includes catching passes from Brady, with star cornerback Revis "covering" him without contact.

Pretty fair workout partners for Gronkowski until he is ready for hitting.

"It's good just to have a defender out there, instead of just running all of my routes on air right now," Gronkowski said after Sunday's practice.

Progress

"Improving every single week so far."
Rob Gronkowski

Gronkowski, who underwent surgery on his right knee back in December, didn't accompany the team last week as the Patriots joined the Washington Redskins for workouts prior to the teams meeting in the first pre-season game. He stayed behind getting his work in and reports continued improvement.
THE ASSOCIATED PRESS

NFL

Browns to name starting QB

Cleveland Browns coach Mike Pettine said Sunday he plans to name his starting quarterback shortly after the team's Aug. 18 pre-season game.

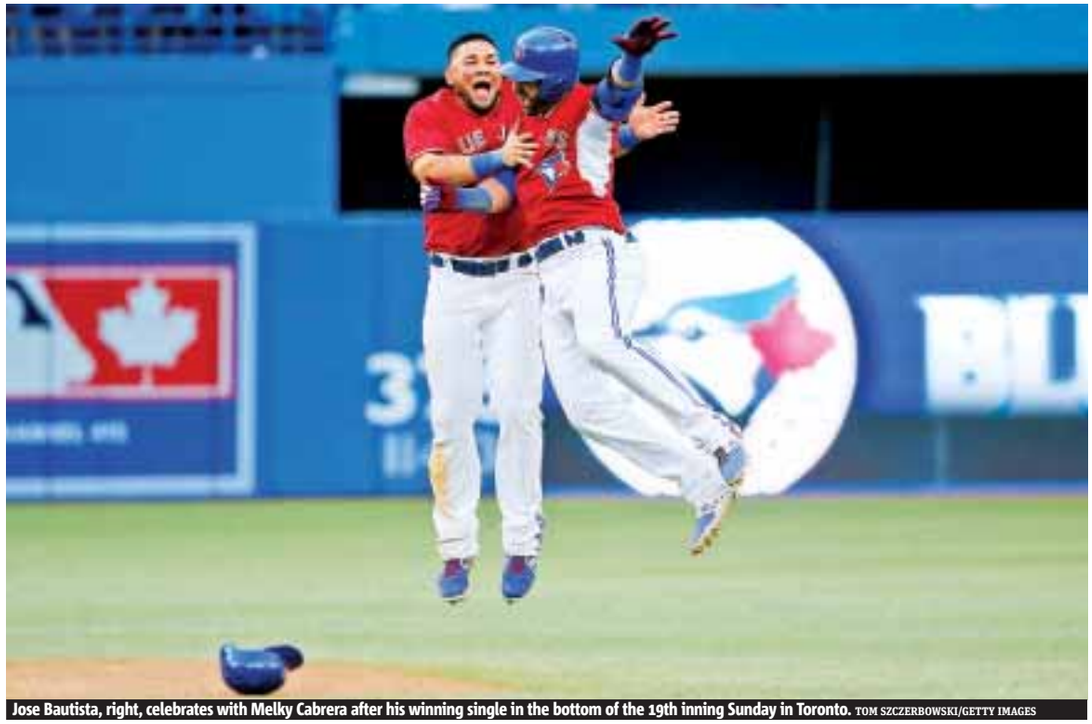
The winner of the competition between Brian Hoyer and rookie Johnny Manziel will start Cleveland's third pre-season contest on Aug. 23 at home against the Rams.
THE ASSOCIATED PRESS

NBA

Transfer good in the long term: Wiggins

Andrew Wiggins told Kansas coach Bill Self that he wants to be traded from Cleveland to Minnesota because the No. 1 overall pick believes it will be better for his long-term future.

Wiggins joined his former coach as a guest instructor at Self's basketball camp in Kansas City on Sunday. THE ASSOCIATED PRESS


Jose Bautista, right, celebrates with Melky Cabrera after his winning single in the bottom of the 19th inning Sunday in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Jays rally to win after 19 innings

In Toronto. Longest game in club history ends on a Bautista hit

On Sunday

Blue Jays	Tigers
6	5

Jose Bautista made the most of his second chance.

The Toronto Blue Jays slugger grounded out weakly with the bases loaded in the 13th inning Sunday, missing the chance to play hero against the Detroit Tigers at Rogers Centre.

But when the opportunity came up again — six innings later — Bautista came through, hitting an opposite-field single over the head of a drawn-in outfield in the 19th to score Munenori Kawasaki as the Blue Jays capped the longest game in team history with a come-from-behind 6-5 win.

"I was just trying to see a pitch up in the zone and drive it into the outfield," Bautista said in a quiet but jubilant Blue Jays clubhouse.

"I got lucky that I connected well enough.... Obviously it was a great win for us."

It was the second straight extra-inning walkoff victory for the Blue Jays (63-56) after the Tigers (62-53) won the series opener on Friday night by scoring three runs in the ninth to win 5-4.

"We had a long day today. We battled through a lot of things," Bautista said. "Coming out on top at the end of the day is the only thing that matters and we were able to do it."

The Blue Jays bullpen was superb, holding the heavy-hitting Tigers scoreless over the final 15 2/3 innings after veteran starter Mark Buehrle was pulled with Toronto down 5-0 and one out in the Detroit fourth.

"They did a great job, kept us in the ball game," said centre-fielder Colby Rasmus, who made two great catches in extra innings to keep the Tigers off the board. "It was huge.... Thankfully we were able to push one across there. It was a grind all day."
THE CANADIAN PRESS

Tim Lincecum
GETTY IMAGES

Giants take fourth straight loss

Tim Lincecum got off to a slow start and never recovered. It's turning into a disturbing trend for the San Francisco Giants.

Lincecum was knocked out in the fourth inning and the Giants went on to a 7-4 loss to the Royals on Sunday. While Kansas City is challenging Detroit for the AL Central lead, San Francisco has lost four in a row and five of six.

Lincecum, a two-time Cy Young Award winner, was charged with six runs and seven hits in 3 1/3 innings. Four of the runs came in the first, including Alex Gordon's two-run homer.

"It was an uphill climb after the start we got off to," Giants manager Bruce Bochy said. "It was Lincecum's command. He was all over the board. When he threw a strike or threw an off-speed pitch it was up. He regrouped, but it's tough when you get down four runs."

Lincecum (9-8) was yanked after 73 pitches. He has lasted 4 1/3 innings or fewer in three of his last four starts.
THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The planets are working in your favour at the moment, making it easy for you to resolve issues with partners and loved ones. Tell them how you feel — then just let it go.

♉ Taurus
April 21 - May 21
You do not enjoy having your private life made public and you will have to let someone know their big mouth is not appreciated. They'll get the message, if you say it with enough menace.

♊ Gemini
May 22 - June 21
If you start shouting back at people who raise their voices today you will be the loser. Calm yourself. There is nothing to be gained by getting worked up about trivial issues.

♋ Cancer
June 22 - July 23
A friend or family member needs your assistance. You know from your own experience how difficult it can be to ask for a helping hand, so make the first move.

♌ Leo
July 24 - Aug. 23
A small act of kindness now will pay large dividends later on. Do what you can to turn frowns into smiles.

♍ Virgo
Aug. 24 - Sept. 23
If you're attracted to someone you must let them know. Chances are they feel the same way about you.

♎ Libra
Sept. 24 - Oct. 23
You will find it easy to put your thoughts into words — and to deliver those words with considerable force. You are not in the mood to protect other people's feelings.

♏ Scorpio
Oct. 24 - Nov. 22
You must get something you promised you would finish out of the way before the end of the day. Once it is done you can turn to the things you want to do with a clear conscience.

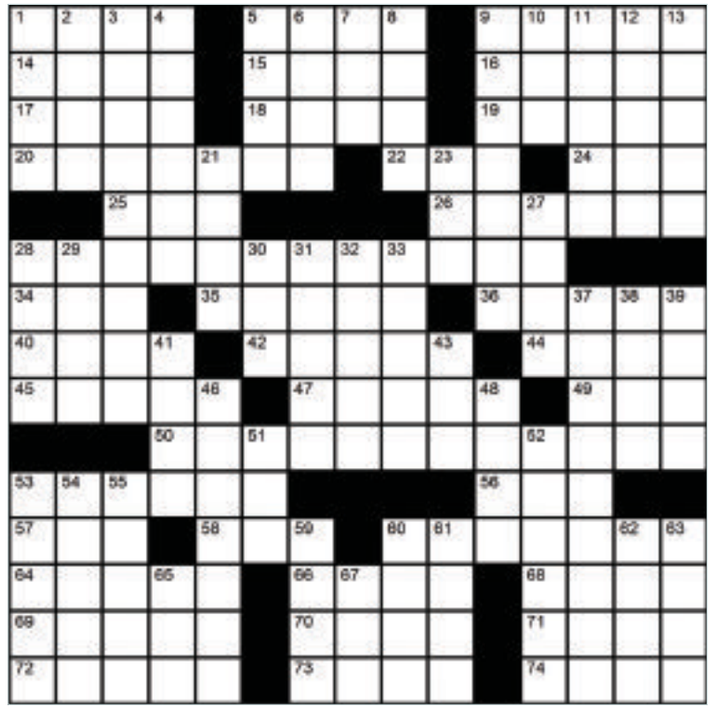
♐ Sagittarius
Nov. 23 - Dec. 21
More things will go right than go wrong over the next few days, so stop worrying, start smiling and make fun things happen.

♑ Capricorn
Dec. 22 - Jan. 20
You may not care what is going on in the wider world but you will have to wake up to the fact that outside events have a big impact on you. Try to be more outgoing this week.

♒ Aquarius
Jan. 21 - Feb. 19
Don't waste your time doing things you do not enjoy. What will be will be, so let fate take its course.

♓ Pisces
Feb. 20 - March 20
A dispute that has been going on for as long as you can remember is getting tedious, so make this the day when you switch off from it and do something more interesting.

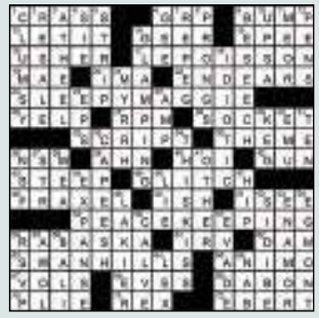
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Non-meat 'meat'
5. Nair competitor
9. Frank or Dweezil
14. Have __ '__' (Know 'somebody')
15. Writer Ms. Bronte (b.1820 - d.1849)
16. Alexis __ Plaza, in downtown Montreal
17. __ for the camera (Becomes a ham)
18. Ore deposit
19. Fittingly make do
20. Setting of Shakespeare's The Comedy of Errors
22. Me: French
24. German pronoun
25. __. number (Ring!)
26. Gothic cathedral city in France
28. Lunch-in-the-park sight: 2 wds.
34. Mr. Donner who sounded like Elvis
35. Bridal fabric
36. Cite
40. Giant of ancient Greek mythology
42. __ necklace
44. Additional
45. Premiere
47. Toronto football players, to fans
49. Aries animal
50. "Ain't it good / Ain't it right...": 1974 Andy Kim chart-topper: 3 wds.
53. Dapper
56. "Good stuff!"
57. She-poulet
58. Passports, e.g.
60. __ blanket (28-Across accessory)
64. Intense
66. Receptive
68. Sandwich sort
69. Ms. Channing
70. Laundry fuzz
71. "Give __ __ me straight."
72. Got __ (Sports foul reason)
73. Particular preposition
74. Requisite

Down
1. Domesticate
2. "Movin' __": "The Jeffersons" theme song: 2 wds.
3. 1999 Edward Norton/Brad Pitt flick: 2 wds.
4. Camouflaged
5. Pet __ (Pet products chain)
6. Adam and Eve's grandson
7. Halt
8. Be rife with
9. Moses __, Canadian media trailblazer
10. Boost
11. Chapter of sorts
12. __ __ the oven (Baking recipe instruction)
13. Gambling stakes
21. Cut
23. Nova Scotia's __ Island, in Mahone Bay
27. Newspaper piece
28. Egg on
29. 'Different' suffix
30. Trophy style
31. Stark
32. __ clock
33. Hockey great Mr. Savard
37. __ Alive (640-acre nature attraction in Winnipeg)
38. 'Fed' or 'Gen' ender
39. Winnipeg-born singer Mr. Shand
41. 'Board' a beach?
43. __ Z's (Sleep)
46. Alberta town southeast of Edmonton
48. Held with stitches
51. Ms. Charisse
52. Head, slang-style
53. "Love __" by The B-52's
54. Nutty pie
55. Habituate
59. Aria = __ song
60. Dapper dude
61. 1996 Celine Dion album: 'Falling __ You'
62. Puccini aria: "Vissi d'__"
63. 1970s fad, __ ring
65. Montreal Canadiens legend Mr. Blake
67. Jewellery piece

Friday's Crossword



Online
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1						4	
	8	3		1		6	5	
4			8		3			2
		2	4		6	7		
		5	7		2	9		
8			1		5			9
	5	1		4		2	7	
	9						1	

Friday's Sudoku

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